

FREE CANCER SUPPORT GROUPS & PROGRAMS – August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Healing through Yoga 10:00 am-11:00am Glass Fusion & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm – 4:30pm	2 Open Art Studio 12:30pm – 3:30pm	3
4	5 Open Art Studio 10:00am-2:00pm Meditation 2:30pm- 3:30pm Healing through Fitness 6:00pm – 7:30pm	6 Cancer Support Group 10:00am Cancer Support Group 6:00pm	7 Yin Yoga 6:00pm – 7:00pm	8 Healing through Yoga 10:00 am-11:00am Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm- 4:30pm Healing through Fitness 6:00pm – 7:30pm	9 Open Art Studio 12:30pm – 3:30pm Painting 12:30 – 3:30pm	10
11	12 Open Art Studio 10:00am-2:00pm Meditation 2:30pm- 3:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm – 7:30pm	13 Cancer Support Group 10:00am Cancer Support Group 6:00pm	14 Nutrition Class: Nutrition After Cancer Treatment 10:00am – 11:30am	15 Healing through Yoga 10:00 am-11:00am Felting & Open Art Studio 11:15am – 3:15pm Healing through Fitness 6:00pm – 7:30pm	16 Open Art Studio 12:30pm – 3:30pm	17
18	19 Open Art Studio 10:00am-2:00pm Beautiful U Makeup Class 10:00am – 12:00pm Meditation 2:30pm – 3:30pm Head and Neck Cancer Support Group 5:30pm – 7:00pm Metastatic Cancer Support Group 6:00pm Healing through Fitness 6:00pm – 7:30pm	20 Cancer Support Group 10:00am Cancer Support Group 6:00pm	21 Yin Yoga 6:00pm – 7:00pm	22 Healing through Yoga 10:00 am-11:00am Alcohol Ink Painting & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm- 4:30pm Healing through Fitness 6:00pm – 7:30pm	23 Open Art Studio 12:30pm – 3:30pm	24
25	26 Open Art Studio 10:00am-2:00pm Meditation 2:30pm – 3:30pm Caregiver Support Group 6:00pm Healing through Fitness 6:00pm – 7:30pm Prostate Cancer Education & Support Group - 6:30 pm	27 Cancer Support Group 10:00am Cancer Support Group 6:00pm	28 Yin Yoga 6:00pm – 7:00pm	29 Felting & Open Art Studio 11:15am – 3:15pm Yin Yoga 3:30pm- 4:30pm Healing through Fitness 6:00pm – 7:30pm	30 Open Art Studio 12:30pm – 3:30pm	31



FREE CANCER SUPPORT GROUPS & PROGRAMS

Cancer Support Groups

You are not alone. We offer a weekly support group for adult cancer patients with any type of cancer on Tuesdays from 10am-11:30am and 6 pm – 7:30 pm. **Registration requested**

Metastatic Cancer Patient Support Group

A cancer support group is a safe place to share your experiences and connect with others facing the same challenges. This group will encourage participants to engage in living a meaningful life despite the uncertainty that metastatic cancer can bring. We will also address topics affecting your everyday life that matter to you. This group is for adult patients with any type of metastatic cancer. Meets the 1st and 3rd Monday of the Month 6:00pm – 7:30pm. **Registration requested.**

Caregiver Support Group

This weekly group is for anyone caring for a loved one with any type of cancer. We meet on the 2nd and 4th Monday of the month in the evenings from 6 pm – 7:30 pm. Come learn how to take care of yourself and talk with other caregivers in a relaxed and comfortable setting. **Registration requested.**

Head and Neck Cancer Support Group

Are you struggling with your diagnosis? Do you want to meet others who can relate to you? Would you like to help new Head and Neck cancer patients? Join us the third Monday of the month from 5:30pm – 7:00pm for education and support for Head and Neck Cancer patients/survivors and family members. Meets at St. Vincent Cancer Center – 8301 Harcourt Road Indianapolis, IN 46260. Classroom A & B. **No RSVP required. For more information or questions, please contact Karen Randall, RD 317-415-6690 or kkrandal@ascension.org**

Prostate Education and Support Group

Blue Ribbon Prostate Support and Education Group helps men cope with prostate cancer by offering community-based education and support for patients and their loved ones. We meet in **Cooling Auditorium, St. Vincent Hospital – Indianapolis, 2001 W. 86th Street every other month on the 4th Monday at 6:30 pm. Drop-in – no reservation required**

Open Art Studio

Making art can enhance well-being and improve quality of life. Please join us to create art in a creative, fun and relaxing environment. Each studio is open for three to four hours (please refer to calendar), and you may drop in as you like. Open to any adult with cancer and caregivers too! **Drop-in – no reservation required.**

Art Workshops

We are excited to offer several art workshops this month:
August 1st Glass Fusion with Joani 11:15am – 3:15pm
August 9th Painting with Andrew 12:30pm – 3:30pm
August 15th Felting with Paula 11:15am – 3:15pm
August 22nd Alcohol Inks with Joani 11:15am – 3:15pm
August 29th Felting with Paula 11:15am – 3:15pm

Meditation Class

Relaxation, brought about by meditation, is a powerful way to reverse the negative effects of stress and invoke a calm, relaxed, healing state. Please join us as we explore and develop meditation practices designed just for you. Come find a great place to relax and regenerate. **Drop-in – no reservation required.**

Healing through Yoga

Learn simple movement patterns to release tension, build strength and clear our mental clutter. One powerful hour of unwinding yoga stretches, accessible core strengthening and deep meditation to build the best you. Exercises can be tailored to all needs and skills and done anywhere. Meet the day with your most healthy you. **Drop in – No reservation required.**

Yin Yoga

Yin Yoga is a deep meditative filled practice of long held floor poses that help bring flexibility, vitality, and circulation to the joints and connective tissue. Yoga props are used to support muscle relaxation while bringing awareness to the breath and promote a healthy flow of energy throughout the body. **Registration is requested.**

Nutrition Class: Nutrition after Cancer Treatment

Eating well and staying active promotes overall health upon completing cancer treatment. Take this opportunity to learn more about which foods to choose and to limit, the use of supplements, what is considered to be a healthy weight, and much more with our Registered Dietician-Karen Randall. **Meets at St. Vincent Cancer Center 8301 Harcourt Road-Cancer Care Classroom A& B. Registration requested.**

Beautiful U Makeup Application Class for Cancer Patients

Beautiful U is a free class designed for patients dealing with hair loss and skin changes from chemotherapy and radiation. The class provides hands on experience using make-up to enhance personal appearance during and after cancer treatment. Also, time will be spent providing instruction on skin/nail care, wig care and how to make head coverings using scarves. **Participants will need to supply their own makeup. Registration is requested.**

Healing through Fitness

This six week exercise program is for adults with cancer who are either currently in treatment or have completed treatment. Classes are small and instruction is adjusted to your personal fitness goals. Classes are led by St. Vincent Physical Therapists. To learn more please refer to flyer. The next six week class will be held in October 2019. **Registration is required and MD approval is needed before participating.**

TO REGISTER FOR PROGRAMS AND SUPPORT GROUPS

If you are interested in joining a support group or attending one of our programs, please contact Julie Smith at (317) 338-3551 or email Julie.Smith21@ascension.org

ALL PROGRAMS MEET AT

(unless otherwise noted):

8550 Naab Road, Suite 201, Indianapolis, IN 46260

VISIT OUR WEBSITE AT:

<http://www.stvincent.org/services/cancer-care>

Scroll down and click on the Event Calendar icon to access our monthly calendar.